

Ampusho:

SF- 36 Questionnaire – Imibele ya bumi

Mukwia congeni ubwasuko ubulelondolola bwino fintu mukwanisha ifya cila bushiku elyo napalwabumi

Ubumi bonse

1. ukulolekesha fyonse, kuti mwalanda ukuti muleyumfwa shani ubumi?

Ubusuma ukupitilila Ubusuma sana Ubusuma Efilyako Ububi

2. Ukulinganya nomwaka wafumapo, kuti mwalanda ukuti muleyumfwa shani ubumi mukulolekesha fyonse nombamba?

Kwawamapo ukucila umwaka wafumapo
Kwawamapo panono ukucila umwaka uwapita
Ukulinganako
Ukubipapo panonon ukucila umwaka wapiti
Ububi sana ukucila umwaka wapiti

Ukapelelwa kwa mumilimo

Ifintu fililekonka fili pamilimo mungabomba mubushiku ubuli ngenhiku shonse. Bushe ubumi bwenu bulemikanya nombamba mumilimo ishi? Ngacilifi munshilanshi?

3. Incite shakosa, pamo ngokubutuka, ukwimya ifyafina, ikusenda ulubalii mu mangalo ayakuso.

Emukwai, ndefilwa sana Emukwai ndefilwa panono Awe, nshilefilwa napanono

4. Imilimo yapakati pamo nga, ukusesha itebulo, mashini yakufumya ulukungu, ukuteya amangalo yakuposa umupila nokuma nenkonto. (bowling nangula golf).

Emukwai, ndefilwa sana Emukwai ndefilwa panono Awe, nshilefilwa napanono

5. Ukwimya ifyakushita

Emukwai, ndefilwa sana

Emukwai ndefilwa panono

Awe, nshilefilwa napanono

6. Ukunina imitantu iyingi iya mucikulwa

Emukwai, ndefilwa sana

Emukwai ndefilwa panono

Awe, nshilefilwa napanono

7. Ukunina umutanto umouwamucikulwa

Emukwai, ndefilwa sana

Emukwai ndefilwa panono

Awe, nshilefilwa napanono

8. Ukwinama, ukufukama nangula ukukontama

Emukwai, ndefilwa sana

Emukwai ndefilwa panono

Awe, nshilefilwa napanono

9. Ukwenda ubutali ubulecila imailo limo

Emukwai, ndefilwa sana

Emukwai ndefilwa panono

Awe, nshilefilwa napanono

10. Ukenda panshi ukupitilila ifikulwa ifingi

Emukwai, ndefilwa sana

Emukwai ndefilwa panono

Awe, nshilefilwa napanono

11. Ukwenda panshi ukupita icikulwa cimo

Emukwai, ndefilwa sana

Emukwai ndefilwa panono

Awe, nshilefilwa napanono

12. Ukusamba nangula ukufwala mwebene

Emukwai, ndefilwa sana

Emukwai ndefilwa panono

Awe, nshilefilwa napanono

Amafya ya ku mubili

Mumilungu yapita ine bushe mwalikwatako amafya ayalekonkapo kunchito yenu nangula kumilimo ya cila bushiku umulandu wa mibele ya bumi kumubili?

13. Ukucefyako inshita mwasendele kuncito nangula imilimo imbi

Emukwai

Awe

14. Ukukana fika ngepo mungafwaya

Emukwai

Awe

15. Mwalifilwa mumibele ya ncito nangula imilimo imbi.

Emukwai

Awe

16. Mwalisanga ubwafya ukubomba incito nangula imilimo shimbi (ukupalanya, incito yalikosesha)

Emukwai

Awe

Amafya yabulwele wa matontonkanyo

Mumilungu ine iyapita, bushe mwalikwatako amafya ayalekonkapo kunchito nangula ku milimo imbi pamulandu wamafya yamatontonkanyo (pamo nga ukumfwa icikonko nangula ukucetekela) During the past 4 weeks, have you had any of the following problems with your work or other regular daily activities as a result of any emotional problems (such as feeling depressed or umwenso)?

17. Ukucefyako inshita mwasendele kuncito nangula imilimo imbi

Emukwai

Awe

18. Ukukana fika ngepo mungafwaya

Emukwai

Awe

19. Tamwabombele incite nangula imilimo imbi nobulondo ngalyonse

Emukwai

Awe

Imilimo yakwampana

20. Mumilungu ine iyapita, nimunshila nshi umo amafya ya kumumubili namumatontonkanyo yalenga ukukana ba bwino mukwampana kwenu nabalupwa, ifibusa, abena mupalamano nangula utubungwe?

Takuli

panono

Pakati

Sana

Icabipa sana

Ubukali

21. Bukali bwakosa shani ubwamumubili ebo mwakwete mumilungu ine iyapita?

Takuli nangula
panono

Panono sana

panono

pakati

Sana

Ikubipa sana

22. Mumilungu ine iyapita, nimunshila nshi ubukali bwaonawile incito yenu iyalyonse (ikulundapo incito shapanse yang'anda neyamung'anda)?

Takuli nangula panono	panono	pakati	mubwingiko	Sana
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Amaka elyo namatontonkanyo

Aya amepusho yapafyo muleumfwa elyo nefyo ifintu fyali kuli imwe mumilungu ine iyapita. Palipusho lyonse, mukwai peleni ubwasuko ubupalamine nefyo mwaleumfwa.

23. Bushe muliyumfwa abansansa (ukumfya amaka nokutemwa sana)?

Yonse inshita	Ubwingi bwa nshita	Ukupalama ubwingi bwanshita	Inshita shimo shimo	Munshita ishinono	Taficitika inshita iiliyonse
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24. Bushe mwalibapo umuntu wamwensana sana?

Yonse inshita	Ubwingi bwa nshita	Ukupalama ubwingi bwanshita	Inshita shimo shimo	Munshita ishinono	Taficitika inshita iiliyonse
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25. Bushe mwalibapo ababula insansa icakuti tapali nefinga lenga ukumisekeshako?

Yonse inshita	Ubwingi bwa nshita	Ukupalama ubwingi bwanshita	Inshita shimo shimo	Munshita ishinono	Taficitika inshita iiliyonse
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26. Bushe mulomfwa umutimfa ukutalala elyo nomutende?

Yonse inshita	Ubwingi bwa nshita	Ukupalama ubwingi bwanshita	Inshita shimo shimo	Munshita ishinono	Taficitika inshita iiliyonse
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27. Bushe mwalikwata amaka ayengi?

Yonse inshita	Ubwingi bwa nshita	Ukupalama ubwingi bwanshita	Inshita shimo shimo	Munshita ishinono	Taficitika inshita iiliyonse
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28. Bushe mwaliyumfwapo abacikonko kumutima elyo nokukanaba nensansa?

Yonse inshita	Ubwingi bwa nshita	Ukupalama ubwingi bwanshita	Inshita shimo shimo	Munshita ishinono	Taficitika inshita iiliyonse
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29. Bushe mwaliyumfwapo ukunaka sana?

Yonse inshita	Ubwingi bwa nshita	Ukupalama ubwingi bwanshita	Inshita shimo shimo	Munshita ishinono	Taficitika inshita iiliyonse
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30. Bushe mwalibapo umuntu wansansa?

Yonse inshita	Ubwingi bwa nshita	Ukupalama ubwingi bwanshita	Inshita shimo shimo	Munshita ishinono	Taficitika inshita iiliyonse
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31. Bushe mwaliumfwa ukunaka?

Yonse inshita	Ubwingi bwa nshita	Ukupalama ubwingi bwanshita	Inshita shimo shimo	Munshita ishinono	Taficitika inshita iiliyonse
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Imilimo shakwampana

32. Mumilungu ine iyapita, ninshita iyinga shani amafya ya kumumubili namumatontonkanyo yalenga ukukana ba bwino mumilimo ya kwampana kwenu (pamo ngo kutandalila ifibusa, balupwa, nabambi)?

Yonse inshita	Ubwingi bwa nshita	Ukupalama ubwingi bwanshita	Inshita shimo shimo	Munshita ishinono
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Ukulolekesha palwabumi konse konse

Bushe muli ifishinka nangula iyoo mumashiwi ayasoswa kulubali lwenu?

33. Mboneka ukuba uwakwangufyana ukulwalilila ukucila abantu bambi

Cishinka icabula nokutwishika	Cishinka ilingiline	Nshishibe	Tefyo ilingi	Tefyo icabula nokutwishika
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34. Ndimutuntulu ngomuntu uulu oonse naishiba

Cishinka icabula nokutwishika	Cishinka ilingiline	Nshishibe	Tefyo ilingi	Tefyo icabula nokutwishika
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35. Ndemona ubumi bwandi ukuba ubwabipa

Cishinka icabula nokutwishika	Cishinka ilingiline	Nshishibe	Tefyo ilingi	Tefyo icabula nokutwishika
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36. Ubumi bwandi buli bwino sana

Cishinka icabula
nokutwishika

Cishinka ilingiline

Nshishibe

Tefyo ilingi

Tefyo icabula
nokutwishika